

A Fun Day Away at Stow Lake

2023

Division of Infectious
Diseases at UCSF

Overview

We aimed to integrate in-person wellness events with our faculty and staff development series. We hoped to combine opportunities for relaxation and social connection with light physical activity in an outdoor environment.

Data Snapshot

Day at Stow Lake Participation: 12

Hellman's Hollow Picnic
Participation: 42

Resources

<https://stowlakeboathouse.com>

<https://sfrecpark.org/923/GGP---Hellman-Hollow-Picnic-Area>



Project Details

Our first event was an afternoon retreat at the Stow Lake Boat House in Golden Gate Park. The retreat included a catered lunch and boat-paddling around Stow Lake. Dr. Malcom John, our division DEI champion, led a short series of reflective exercises designed to enhance our sense of community and connection.

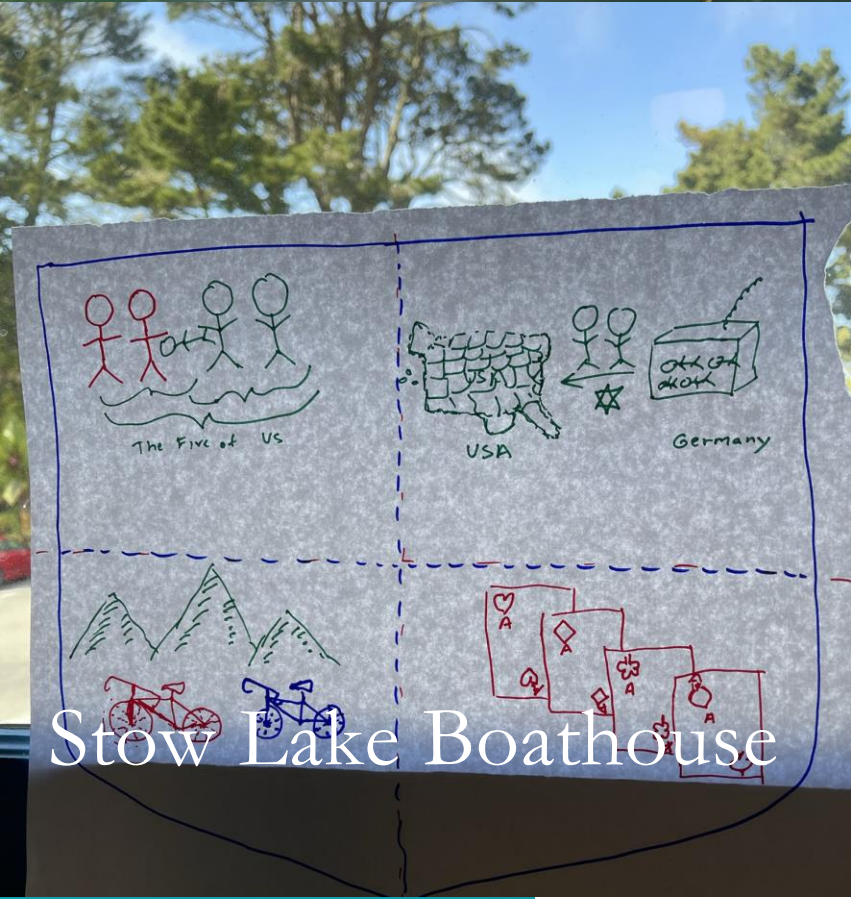
For our second event, we continued to focus on emotional and social wellbeing within an outdoor setting by hosting a picnic at Hellman's Hollow in Golden Gate Park. Lunch and the opportunity for light physical activity (this time through cornhole and soccer) were again provided. Family members were invited to the second event.

Project Challenges

Our first event (Day Away at Stow Lake) took place on a Friday afternoon. This is a time when we generally schedule our faculty evenings and hence had hoped it would work well for the group, however faculty turnout was limited due to competing work responsibilities. To maximize attendance, we decided to host our second event on a weekend and to include family and friends. The turnout for our second event was robust.

Lessons Learned

The incorporation of wellness events into our faculty and staff development series is important and extremely well-received by our division. The reflective exercises led by Dr. John are particularly popular. However, low turnout remains a challenge and ways to maximize faculty engagement when planning further events should be considered.





Hellman's Hollow Picnic